Product Owner's Manual

EFX® 524i
EFX® 534i

Elliptical Fitness Crosstrainer™

PRECOR® USA
move beyond®

Important Safety Instructions

When using the self-powered EFX®, always take basic precautions, including the following:

- Read all instructions before using the EFX. These instructions are written to protect the unit and ensure the safety of those using the EFX.
- Before beginning any fitness program, make sure all users see a physician for a complete physical examination.

  Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercise. Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.

DANGER To reduce the risk of electrical shock always unplug the optional power adapter before cleaning the unit.

WARNING To reduce the risk of burns, fire, electric shock, or injury, take the following precautions:

- Do not allow children or those unfamiliar with its operation on or near the EFX. Do not leave children unsupervised around the unit.
- Never leave the EFX unattended with the optional power adapter plugged in. Remove the optional power adapter before cleaning the EFX, and before putting on or taking off parts.
- Assemble and operate the EFX on a solid, level surface. Locate the EFX a few feet from walls or furniture.
- Maintain the EFX in good working condition. Refer to the *Maintenance* section. Make sure that all fasteners are secure.
- If you plan to move the unit, obtain help and use a hand truck. Do not grasp any plastic parts while lifting or moving the unit. The plastic parts are not structurally linked to the unit and will break.
- Use the EFX only for its intended purpose as described in this manual. Do not use accessory attachments that are not recommended by the manufacturer, as such attachments may cause injuries.
- Never operate the unit if it is damaged, not working properly, when it has been dropped, or has been dropped in water. Refer to *Obtaining Service*.
- Keep the optional power adapter and power cord away from heated surfaces.
- Do not operate the EFX where aerosol (spray) products are being used or where oxygen is being administered.
- Do not use outdoors.
- Do not attempt to service the EFX yourself except to follow the maintenance instructions found in this manual.
- Never drop or insert objects into any opening. Keep hands away from moving parts.
- Do not set anything on the handrails, display console, or covers. Place liquids, magazines, and books in the appropriate receptacles.

Educating Users

Take time to educate users on the safety issues found in the *Important Safety Instructions*. These instructions appear in both the *User's Reference Manual* and the *Product Owner's Manual*.

Safety Approval

When identified with the ETL-c logo, the unit has been tested and conforms to the requirements of CAN/CSA-E-335-1/3-04, EN 60335-1:2002 *Safety of Household and Similar Electrical Appliances*. The unit is a Class S/B or C certified machine according to applicable EN957 standards.

Hazardous Materials and Proper Disposal

The self-powered EFX has an internal battery which contains materials that are considered hazardous to the environment. Proper disposal of the battery is required by federal law.

If you plan to dispose of your unit, contact Precor Commercial Products Customer Support for information regarding battery removal. Refer to *Obtaining Service*.

Radio Frequency Interference (RFI)

Federal Communications Commission, Part 15

The EFX has been tested and found to comply with

- the IEC EMC Directive (international electromagnetic compatibility certification)
- the limits for a Class A digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. The EFX generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the owner's manual instructions, may cause harmful interference to radio communications.

WARNING Per FCC rules, changes or modifications not expressly approved by Precor could void the user's authority to operate the equipment.

Canadian Department of Communications

This digital apparatus does not exceed the Class A limits for radio noise emissions from digital apparatus set out in the Radio Interference Regulations of the Canadian Department of Communications.

Le présent appareil numérique n'émet pas de bruits radioéélectriques dépassant les limites applicables aux appareils numériques de la class A prescrites dans le Règlement sur le brouillage radioélectrique édicté par le ministére des Communications du Canada.

ATTENTION: Haute Tension

Débranchez avant de réparer

European Applications

This product conforms to the requirements of the European Council Directive 89/336/EEC, Electromagnetic Compatibility and has been tested to the following standards:

EN55022, *Limits & methods of Measurement of Radio Interference, Information Technology Equipment*.

EN50082-1, *Generic Immunity Standard for Residential, Commercial and Light Industrial Products*.

This product is compliant to 2002/95/EC *Restriction of Hazardous Substances Directive*.

This product also conforms to the requirements of the European Council Directive 73/23/EEC, Low Voltage Directive and has been tested to the following standard:

IEC 335-1, *Safety of Household and similar Electrical Appliances*.

Obtaining Service

You should not attempt to service the EFX except for the maintenance tasks described in this manual. For information about product operation or service, see the Precor web site at www.precor.com. Should you need more information regarding customer support numbers or a list of Precor authorized service centers, visit the Precor web site at www.precor.com/corp/contact.

For future reference, write the model, serial number, and date of purchase for all your units in the space provided. The serial number is printed on a label located on the rear cover (Diagram 1).

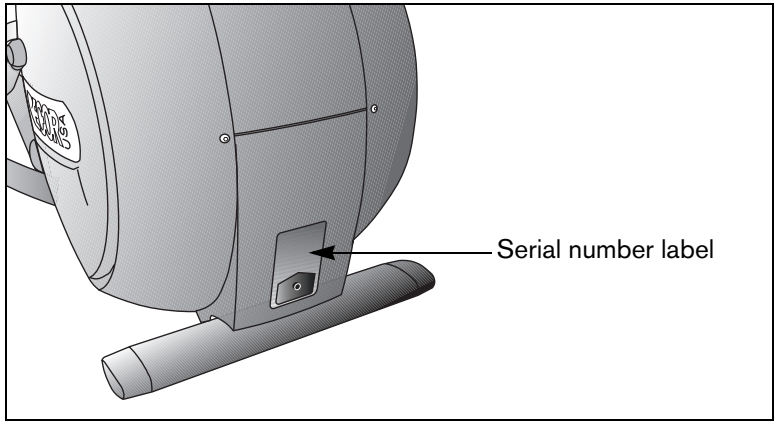

Diagram 1: Location of serial number

Model #: _____ Serial #: _____

Date purchased: _____

Model #: _____ Serial #: _____

Date purchased: _____

Model #: _____ Serial #: _____

Date purchased: _____

Model #: _____ Serial #: _____

Date purchased: _____

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Self-Powered Features

The power source for the EFX is the user. When a person pedals above 40 strides per minute (spm), the power that is generated allows the EFX to function properly.

Informational displays appear when the battery is low or when the user has stopped pedaling during a workout. The display explains what to do to retain power. If the messages are ignored, the EFX begins shutdown procedures to maintain the charge of the battery. Refer to *Informational Displays Prior to Shutdown*.

An optional power adapter can be purchased and provides sustained power to the EFX. If you plan to customize your unit, the power adapter is highly recommended. To purchase the optional power adapter, check with your dealer. Refer to *Obtaining Service*.

Informational Displays Prior to Shutdown

The EFX saves its battery charge by moving into a shutdown mode. Whenever PEDAL FASTER appears on the display, the heart rate, SmartRate® and program indicators turn off. If the user does not maintain a stride rate of 40 spm, then a 30-second shutdown process begins.

PEDAL FASTER appears on the display followed by a set of dots indicating that the EFX is shutting down. If no pedaling is detected, the EFX eventually shuts off.

Note: The user can resume exercising if he or she begins pedaling before the 30-second period elapses.

Note: If the EFX is connected to a CSAFE master device, a slightly different scenario occurs. When ten seconds remain before the EFX shuts off, the workout session ends. RESETTING appears in the lower display while the EFX disconnects from the CSAFE master device. All key presses are ignored. Pedaling has no effect on the display.

Symptoms of a Low Battery

If no one has used the EFX for an extended period of time, the battery may need recharging.

Symptoms of a low battery include:

- A flickering or erratic display
- No workout statistics appear or accumulate

A sustained exercise session may help recharge the battery. Or, you can connect the optional power adapter to maintain a constant power source.

Using the Optional Power Adapter

Diagram 2 shows the receptacle for the optional power adapter. After connecting the power adapter to the EFX, plug the opposite end into the appropriate power source (110/120v or 220/240v) for your unit.

CAUTION: When the optional power adapter is in use, ensure that the power supply cord does not create a safety hazard. Keep it out of the way of traffic and moving parts. If the power supply cord or power conversion module is damaged, it must be replaced.

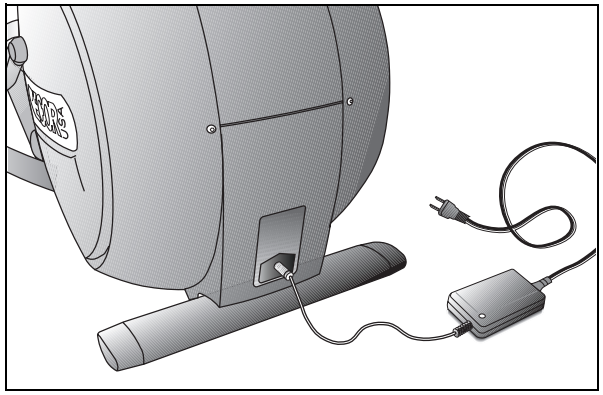


Diagram 2: Optional power adapter

The display functions differently when the power adapter is connected. Because the power adapter provides a constant source of power, the user can stop pedaling during a workout and pause for brief periods without the EFX initiating shutdown procedures. When the pause time limit expires and the user has not resumed pedaling, the display returns to the Precor banner. Refer to *Setting a Pause Time Limit*.

Replacing the Battery

The EFX battery is built to last for a long time. However, if you feel that the battery may need replacing, check with an authorized service technician. Refer to *Obtaining Service*.

CAUTION: The battery stored inside the EFX contains hazardous materials and must be disposed of according to Hazardous Waste Regulations. Refer to *Hazardous Materials and Proper Disposal*.

Club Features

These next few pages provide information that lets you customize the EFX for your club or facility. All these features remain hidden to the facility's patrons and can only be accessed using special key presses. Read this section if you want to:

- Change the display to a different language
- Change the display to U.S. standard or metric
- Set the maximum workout and pause times
- Set a cool-down time limit
- View the odometer
- Display the number of hours the EFX has been in use
- View the software versions and part numbers
- Check the error log
- Display the serial number
- Connect to CSAFE equipment

Club Programming Tips

- Always start at the Precor banner.
- Electrical power must be supplied. A minimum stride rate (40 strides per minute) must be maintained while programming the EFX. A constant power source is available if you use the optional power adapter. If you plan to program the EFX, purchasing the optional power adapter is highly recommended.

  Note: If you do not use the optional power adapter and the pedaling speed falls below 40 spm, no warning is given when the EFX moves into its 30-second shutdown procedure.
- The club programming mode is accessed by pressing the RESET key at the Precor banner. The remaining key presses must occur quickly and without pause.
- The function of the QUICKSTART key is disabled while in club programming mode.
- The club programs appear sequentially. Pressing the ENTER key saves the changes you make and moves you through the programs. The SELECT key displays the name of the data field you are viewing or toggles between the available selections. To exit a program without saving any changes, press the RESET key.

Choosing a Language

The EFX can display user prompts, text, and user entries in seven different languages. When the EFX is shipped from the factory, it is set to display English. To change this setting, perform the following steps:

1. At the Precor banner, press the following keys in sequence and without pause:

   RESET, QUICKSTART, ENTER, SELECT [7], CROSSRAMP ▲

   As shown in Diagram 3, numbers are associated with the keypad. The numbers 5, 6, 7, 1 appear on the display as you press the associated key.

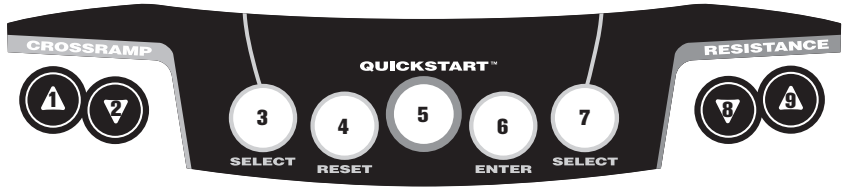
   Note: No CROSSRAMP keys exist on the EFX534i. Use the RESISTANCE ▲ key [1] on the left side of the keypad.

   SELECT LANGUAGE appears in the display. Use the arrow keys to choose between ENGLISH, DEUTSCH, ESPANOL, FRANCAIS, NEDERLANDS, PORTUGUES, and RUCCKIJJ.

   Note: Programming prompts are not affected by language selection. The prompts in this section continue to appear in English.

2. When you are ready, press ENTER to move to the next program or press RESET to return to the Precor banner.

EFX524i



EFX534i

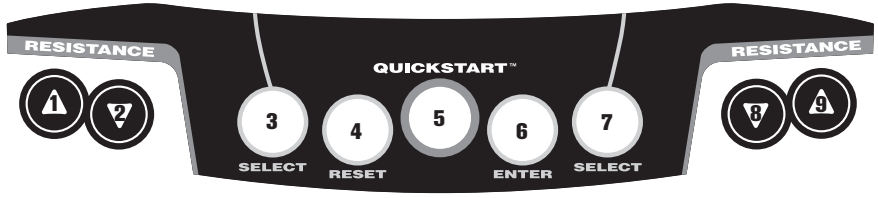


Diagram 3: Keypad programming numbers

Selecting a U.S. Standard or Metric Display

The EFX can display measurements in either metric or U.S. standard. The default factory setting is set to display U.S. standard. To change this setting, perform the following steps:

3. At the SELECT UNITS prompt, use an arrow key to select a unit of measure (U.S. STD or METRIC).
4. When you are ready, press ENTER to move to the next program or press RESET to return to the Precor banner.

Setting an Exercise Session Time

You can limit how long a user can exercise on the EFX. For example, if you set the time limit to 20 minutes, users can only enter a workout time between 1 and 20 minutes.

Note: The automatic cool-down period is appended to the end of any time-based program, so adjust the time limit accordingly.

You can also let a user exercise indefinitely by selecting the NO LIMIT option. However, you will need to instruct users on how to access this option. When a user begins an exercise session, he or she must use the arrow keys to display INFINITE at the workout time prompt, and then press ENTER.

5. At the SET MAX WORKOUT TIME prompt, use the arrow keys to display the available time limits. Choose between 1 and 240 minutes. Or, choose NO LIMIT.

   Note: When you press and hold an arrow key, the selections increment by five, for example, 5, 10, 15, and 20. When you tap an arrow key, the selections increment by one.

6. When you are ready, press ENTER to move to the next program or press RESET to return to the Precor banner.

Setting a Pause Time Limit

You can limit how long a user can pause while exercising on the EFX by entering a time between 1 and 120 seconds (two minutes). For example, if you set the pause time limit to 60 seconds, the display automatically resets to the Precor banner if no pedaling occurs for one minute.

Important: *The optional power adapter must be connected to establish a definitive pause time limit. If the optional power adapter is not attached and the stride rate drops below 40 strides per minute, the EFX begins its 30-second shutdown effectively eliminating pause mode.*

7. At the SET MAX PAUSE TIME prompt, use the arrow keys to cycle through the available time limits. Choose between 1 and 120 seconds (two minutes).

8. When you are ready, press ENTER to move to the next program or press RESET to return to the Precor banner.

Setting a Cool-Down Time Limit

You can limit how long a user cools down after exercising on the EFX by entering a time between 0 and 5 minutes.

Important: *It is recommended that you set the cool-down period at or above three minutes. It takes time for a user's heart rate to return to a resting state after vigorous exercise. An effective cool-down period also reduces the amount of lactic acid in muscle tissue.*

9. At the SET COOL DOWN TIME prompt, use an arrow key to cycle through the available time limits. Choose between 0 and 5 minutes. The default setting is 5 minutes.
10. When you are ready, press ENTER to save your changes and return to the Precor banner. If you prefer to exit the program without saving your changes, press RESET.

Informational Displays

The EFX provides information about its use (odometer and hour meter), as well as software version, error log, and serial number. In general, you would only access this information if directed to do so by Precor Customer Support.

These instructions guide you through all the informational displays. Pressing the ENTER key moves you through the displays. To exit, press the RESET key at any time.

Viewing the Odometer

1. At the Precor banner, press the following keys in sequence and without pause:

   RESET, ENTER, QUICKSTART

   The numbers 6, 5 appear on the display as you press the associated key.

   The odometer value (the number of cumulative strides users have taken) appears on the display.
2. Press either SELECT key, and STRIDES appears briefly. When the key is released, the odometer value reappears.
3. When you are ready, press ENTER to move to the next display (hour meter).

Viewing the Hour Meter

HOUR METER appears followed by the number of hours that the unit has been in use. The EFX tracks the elapsed minutes, but the value that appears is truncated to the nearest full hour.

4. Press either SELECT key, and HOURS appears briefly. When the key is released, the numeric value reappears.
5. When you are ready, press ENTER to move to the next display (software version).

Viewing the Software Version and Part Numbers

SW VERSION appears for two seconds followed by the upper board application software part number and version (for example, 48181-350).

6. To see the upper boot and lower software version, use a SELECT key. If needed, you can move through all three–upper application, upper boot, and lower application–by pressing a SELECT key.
7. Write the numbers below. You will need these numbers when you call Customer Support with display-related questions. This information will help rule out any software-related problems:

   Upper Application P/N & VER: _____

   Upper Boot P/N & VER: _____

   Lower Application P/N & VER: _____
8. When you are ready, press ENTER to move to the next display (error log).

Viewing the Error Log

ERROR LOG appears on the display followed by the first entry in the error log if there are any errors. Up to ten error codes can be retrieved.

If there are no errors in the log, you will see three dashes (– – –) displayed.

9. To view any additional error codes in the error log, use the arrow keys. The following Table 1 describes key functionality within the error log.

Key	*Description*
▼	Displays the most recent error log entries
▲	Reveals earlier log entries
SELECT	Toggles between the error log, the odometer reading and the hour meter values at the time the error occurred; a title (i.e., STRIDES or HOURS) appears briefly followed by the actual numeric value associated with the error log.

Table 1. Keys used in viewing error log entries

10. Copy the error code information to paper so you can provide it to Customer Support if needed. Be sure to copy it exactly as shown.

11. When you no longer need the information in the error log, press QUICKSTART for at least four seconds to delete the error log. Continue to maintain light pressure on the key as the prompt CLEAR? appears. Once the prompt OK is displayed, you can release the key.

    Important: *You cannot retrieve the error log once you have deleted it. You may want to resolve any issues you are experiencing with the EFX before clearing the error log.*

    When the error log is cleared, 1: – – – appears in the display indicating that the error messages have been deleted.

12. When you are ready, press ENTER to move to the next display (serial number).

Displaying the Serial Number

SER NUM appears on the display. The serial number is helpful when you contact Customer Support.

Note: If no serial number appears, use the serial number found on a label on the rear cover (Diagram 1).

13. If you have not already done so, write the serial number onto the Warranty Registration card. You can also register online at www.precor.com.

14. When you are ready, press ENTER to return to the Precor banner.

User ID Entry with CSAFE Equipment

The EFX is fully compatible with CSAFE protocols. When the unit is connected to a CSAFE master device and the user maintains a stride rate above 40 strides per minute (spm), the user is prompted for a user ID.

Note: If the optional power adapter is being used, then no pedaling is necessary for user ID entry.

A message appears on the display and indicates when the user ID is accepted by the CSAFE master device. Then, the program prompt appears. The user has the option to choose QUICKSTART or select a program and begin exercising.

If the user's stride rate drops below 40 spm while using the CSAFE device connection, a prompt PEDAL FASTER appears. If the stride rate remains below the 40 spm threshold for the next twenty seconds, the CSAFE connection is terminated. The word RESETTING may appear on the display while the EFX disconnects from the CSAFE device.

To review information about CSAFE specifications, visit the web site at: www.fitlinxx.com/csafe

If you have questions or need technical support, refer to *Obtaining Service*.

Maintenance

It is important to perform the minor maintenance tasks described in this section. Failure to maintain the EFX as described here could void the Precor Limited Warranty.

DANGER **To reduce the risk of electrical shock, always unplug the unit from its optional power adapter before cleaning it or p**erf**orming any maintenance tasks.**

Daily Inspection

Look and listen for slipping belts, loose fasteners, unusual noises, and any other indications that the equipment may be in need of service. If you notice any of these, obtain service.

Important: *If you determine that the EFX needs service, move it away from the usual exercising area. Place an OUT OF SERVICE sign on it and make sure all patrons know that they must not use the EFX.*

To order parts or to contact a Precor authorized service provider in your area, refer to *Obtaining Service*.

Daily Cleaning

Precor recommends the EFX be cleaned before and after each exercise session. Use mild soap and water to dampen a clean, soft cloth and wipe all exposed surfaces.

Frequently vacuum the floor underneath the unit to prevent the accumulation of dust and dirt, which can affect the smooth operation of the unit. Clean the grooves on the foot pedals using a soft nylon scrub brush.

CAUTION: Do not use any acidic cleaners. Doing so will weaken the paint or powder coatings and void the Precor Limited Warranty. Never pour water or spray liquids on any part of the EFX. Allow the EFX to dry completely before using.

Table 2. Cleaning the Ramp

Whenever the ramp becomes soiled, clean the exposed surfaces of the ramp and roller wheels by taking the following steps.

1. Moisten a clean, soft cloth in a mild solution of soap and water.
2. Position one foot pedal at the top of the ramp (the other will automatically be positioned at the bottom).
3. Clean the exposed portions of the ramp.
4. Gently lift the roller wheels and rotate them while wiping them with the clean, soft cloth.
5. Switch the foot pedal position and finish cleaning the ramp.

Long-Term Storage

When the EFX is not in use for any length of time, ensure that the optional power adapter is unplugged from its power source and is positioned so that it and the power cord will not become damaged or interfere with people or other equipment.

Troubleshooting Error Codes

If any error codes appear in the display, call an authorized service person for assistance. Refer to *Obtaining Service*.

Troubleshooting Heart Rate

Table 3 may help you understand and troubleshoot erratic heart rate readings.

Important: *A heart rate can only be detected when the Precor heart rate receiver is properly installed in the display and the user maintains a minimum 40 spm. A user must also wear the chest strap or grasp both touch-sensitive handrail grips.*

Table 3. Erratic heart rate readings

What appears on the display	***Cause***	***What to Do***
NO HR RCVR	The heart rate receiver is not installed or it has been disconnected.	To reinstall the heart rate receiver, contact Customer Support. Refer to *Obtaining Service*.
– – –	A heart rate is not detected.	Face the display and keep your upper body movement to a minimum. Wear a chest strap or grasp both touch-sensitive handrail grips. Allow at least 15 seconds for your heart rate signal to be transmitted to the display. If the dashes continue to appear, check the cable connections.
Pulsing HR	A signal is being detected, but the transmission requires more time to establish a heart rate.	Be sure the chest strap is moist, centered, and in direct contact with your skin. If using the touch-sensitive handrail grips, continue holding the grips with both hands and make sure your hands are moist, not dry.

Note: To conduct electrical impulses from a user's heart, both touch-sensitive handrail grips must be grasped firmly for five to ten seconds. Usually, the concentration of salts in a person's perspiration provides enough conductivity to transmit a signal to the receiver in the display console. However, because of body chemistry or erratic heartbeats, some people cannot use the touch-sensitive heart rate feature. A chest strap may provide better results.

EFX® 524i and 534i Elliptical Fitness Crosstrainers

Product Specifications

	EFX524i	EFX534i
Length	80 in (203 cm)	80 in (203 cm)
Width	32 in (81 cm)	32 in (81 cm)
Height	64 in (162 cm)	64 in (162 cm)
Weight	207 lb (94 kg)	207 lb (94 kg)
Shipping weight	255 lb (116 kg)	255 lb (116 kg)
Power	Self-powered	Self-powered
CrossRamp®	13° - 40°	20° (Fixed)
Incline settings	1–20	Stationary
Resistance levels	1–20	1–20
Frame	Powder-coated steel	Powder-coated steel
Regulatory Approvals	FCC, ETL, CE	FCC, ETL, CE

Product Features

CSAFE Compatible	✓
Heart Rate Telemetry	✓
QuickStart™	✓
SmartRate®	✓
Touch Heart Rate	✓

Programs

	EFX524i	EFX534i
Manual	✓	✓
Crosstraining	✓	✓
Gluteal	✓	
Hill Climb		✓
Interval	✓	✓
Weight Loss	✓	✓

Display Readouts

	EFX524i	EFX534i
Calories	✓	✓
Calories Per Minute	✓	✓
Heart Rate*	✓	✓
Heart Rate Analysis	✓	✓
CrossRamp	1–20	Fixed
METS	✓	✓
Profile	✓	✓
Resistance Levels	1–20	1–20
SmartRate*	✓	✓
Strides	✓	✓
Strides Per Minute	✓	✓
Time	✓	✓
Watts	✓	✓
Workout Summary	✓	✓

* Use of a chest strap or the touch-sensitive handrail grips is required.

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www.precor.com

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NOTICE:
Precor is widely recognized for its innovative, award winning designs of exercise equipment. Precor aggressively seeks U.S. and foreign patents for both the mechanical construction and the visual aspects of its product design. Any party contemplating the use of Precor's product designs is hereby forewarned that Precor considers the unauthorized appropriation of its proprietary rights to be a very serious matter. Precor will vigorously pursue all unauthorized appropriation of its proprietary rights.

WEEE

EFX524i/EFX534i POM 49518-101, en
Warranty # 36287-112, en
Registration Card# 45622-101, en
15 October 2006

User's Reference Manual

EFX® 524i
EFX® 534i

Elliptical Fitness Crosstrainer™

PRECOR® USA
move beyond®

Important Safety Instructions

When using the EFX®, always take basic precautions, including the following:

- Read all instructions before using the EFX. These instructions are written to ensure your safety and to protect the unit.
- Take time to discuss proper safety and exercise equipment etiquette with the club or facility manager.
- Before beginning any fitness program, see your physician for a complete physical examination.

  Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercise. Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.
- Do not allow children or those unfamiliar with its operation or or near the EFX. Do not leave children unsupervised around the unit.
- Wear proper exercise clothing and shoes for your workout and avoid loose clothing. Do not wear shoes with heels or leather soles. Tie long hair back.
- Use care when getting on or off the EFX. Use the stationary handrail whenever possible.
- For safety, hold onto a stationary handrail while using the EFX.
- Keep your body and head facing forward. Never attempt to turn around on the EFX.
- Do not rock the unit. Do not stand on the handrails, display console, or covers.
- Never place your hands or feet in the path of the roller arm because injury may occur to you or damage may occur to the equipment.
- Do not overexert yourself or work to exhaustion. If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.

  Important: *Throughout this manual, references are made to the CROSSRAMP arrow keys and the CrossRamp features. The EFX534i has a stationary ramp and therefore no CROSSRAMP arrow keys or CrossRamp features. If you are using an EFX534i, ignore references to the CROSSRAMP arrow keys or CrossRamp features.*

Obtaining Service

The club owner or facility manager can help you with most questions regarding the EFX. For additional information about product operation or exercise routines, see the Precor web site at www.precor.com.

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EFX Features

The EFX is equipped with certain items that, when used properly, help sustain an enjoyable workout. These items include:

- Self-powered features
- Locking pin
- Stationary handrails
- Moving handlebars for a total body workout
- Workout statistics storage capability

Important: *Before exercising, review the* Important Safety Instructions *found at the beginning of this manual.*

Self-Powered Features

The EFX does not require an electrical power connection. It has an internal battery that is recharged every time you exercise for a reasonable period of time. A pedaling speed above 40 strides per minute must be maintained for several seconds before the Precor banner appears on the display. Once the banner appears, you can press QUICKSTART or ENTER to begin exercising. For more information, refer to *Workout Options*.

The Locking Pin

CAUTION: Injuries can occur from the roller arm movement. Always use the locking pin to secure the roller arm when the EFX is not in use.

The locking pin secures the roller arm to keep it from traveling up or down the ramp. Before beginning your workout, pull firmly on the pin to slide it out of the roller arm. Refer to Diagram 1. A lanyard attaches the locking pin to the ramp.

Store the locking pin underneath the ramp once it is removed from the roller arm.

After exercising, use the locking pin to secure the roller arm.

Remove the locking pin before and replace it after exercising.

Store the locking pin underneath the ramp.

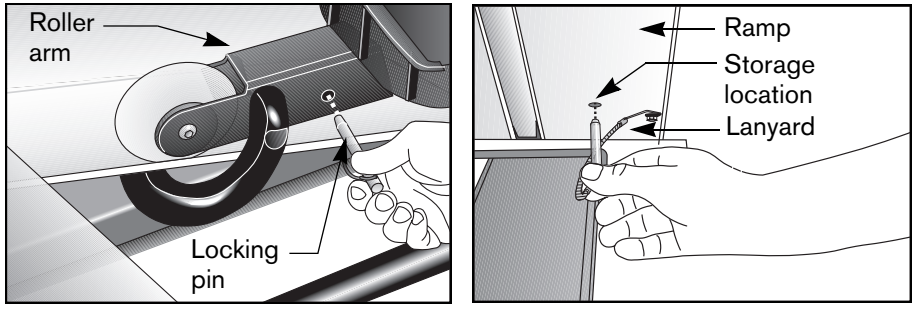


Diagram 1: Locking pin

Using the Stationary Handrails

To maintain your balance, always grasp a stationary handrail when you step on or off the foot pedals, and when you use the keypad.

To learn more about the touch-sensitive handrail grips, refer to *Heart Rate Features*.

Moving Handlebars Support the Total Body Workout

The handlebars on the EFX534i provide an upper-body workout which helps increase cardiovascular fitness. By adding the total body movement to your cross training workout, you are actually increasing your work effort and enhancing your overall fitness level. A variety of hand positions can intensify the effectiveness of your workout. Review the information on the Precor web site, www.precor.com for customized workout routines.

Storing Workout Statistics

Some facilities connect the EFX to a computer so you can easily retrieve your workout statistics and determine how well you are meeting your fitness goals. If you are interested in maintaining workout statistic information, ask the facility personnel to create a user account and a user ID for you.

A user ID entry is required to store your workout statistics. If the display is blank, begin pedaling. Maintain a pedaling speed above 40 strides per minute. If five zeros appear on the display, the EFX is connected to a computer. If the Precor banner appears, the EFX is not connected to a computer.

Note: When the optional power adapter is attached and the EFX is connected to a computer, five zeros appear on the display and remain until a user ID is entered.

To access the EFX workout options, take the following steps:

1. As the leftmost zero blinks, use the number keypad to specify your 5-digit user ID. If you make a mistake, use the ▼ arrow key to move back and reenter the correct number.

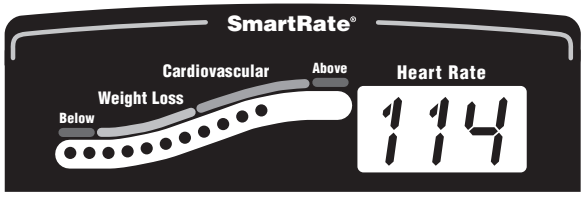
   Note: To bypass the user ID entry, press ENTER while all five zeros appear in the user ID field. No workout statistics are added to your file.

2. When your user ID is shown, press ENTER.

   A message appears and indicates when the user ID is accepted by the computer. Then, a program name appears.

3. To select a different program, press an arrow key. Refer to *Workout Options*.

Heart Rate Features



Heart rate and SmartRate® features are available when you wear the chest strap or grasp both touch-sensitive handrail grips. When a heartbeat is detected, the Heart Rate display shows your heart rate and the SmartRate LED pulses and indicates your target zone.

Important Use and Safety Information

Read the following before using the heart rate feature.

- Consult your physician before engaging in any vigorous exercise. Do not use the heart rate features until authorized by your physician.
- Know your heart rate and your physician-recommended heart rate target zone. Individual heart rates vary according to several physiological factors and may not correspond directly with Diagram 2.

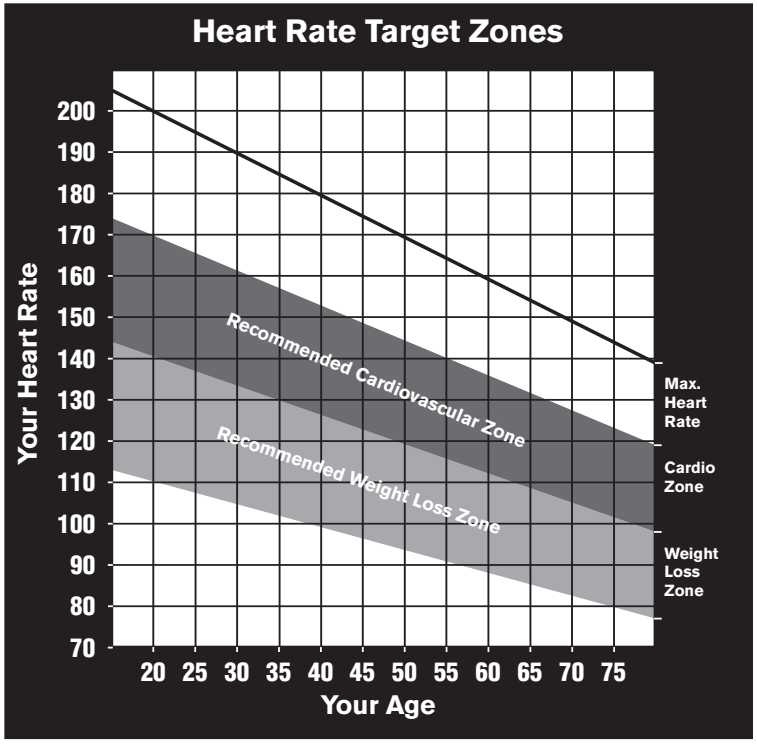


Diagram 2: Heart rate target zones

- The calculation used for the heart rate target zone is:

  (220 minus your age) multiplied by a percent.

  For example:

  Low range: (220 minus your age) multiplied by 55%

  High range: (220 minus your age) multiplied by 85%

  Refer to Table 1 in *Using Smart Rate*.

- After you put on the chest strap, face the display console for a minimum of 15 seconds. This allows the receiver in the console to recognize the signal from the chest strap.
- If three dashes (– – –) appear on the display, the EFX cannot detect a heart rate. Make sure the chest strap is positioned properly around your chest and against your skin.
- If you prefer to use the touch-sensitive handrail grips, grasp both touch-sensitive handrail grips and wait five to ten seconds. Make sure both hands are moist (not dry).
- When a signal is detected, a number flashes in the Heart rate display and indicates your heart rate.
- Always face forward on the EFX and use the handrail for balance.
- Maintain a consistent stride rate while exercising. Find a comfortable stride rate between 100 and 160 strides per minute.

Using the Heart Rate Touch-Sensitive Grips

While exercising, you must grasp both touch-sensitive handrail grips for a minimum of five to ten seconds to transmit your heart rate to the display. Refer to Diagram 3.

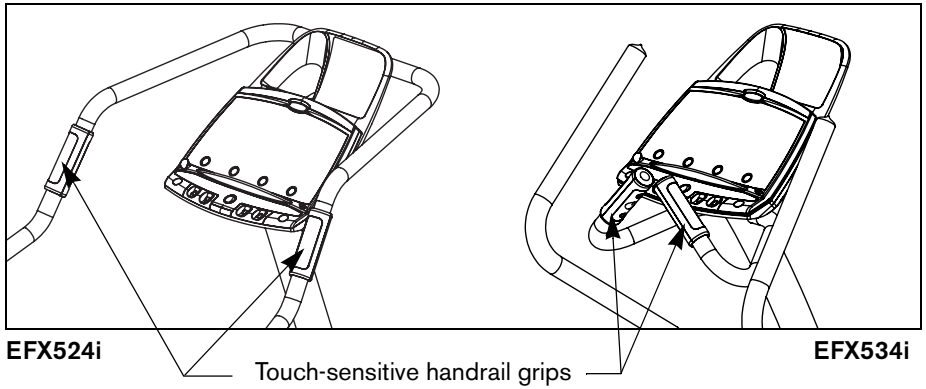


Diagram 3: Touch-sensitive handrail grips

Usually, the concentration of salts in a person's perspiration provides enough conductivity to transmit a signal to the receiver inside the display console. However, some people, because of body chemistry or erratic heart beats, cannot use the hand-held heart rate feature on the EFX. A chest strap may provide better results.

Important: *While exercising, do not grasp the touch-sensitive handrail grips and wear a chest strap at the same time. Using both features may cause erratic heart rate readings.*

Using SmartRate

The SmartRate feature helps you monitor and maintain your heart rate in the target zone best suited to your specific needs. All 15 LEDs may light during a workout. When the EFX detects a heart rate, a single LED blinks and indicates the zone that your heart rate is in.

Important: *To use the SmartRate feature, you must enter your age during the setup phase of your exercise session.*

The 15 LEDs in the SmartRate display are color-coded. A pulsating red LED indicates you are outside the recommended heart rate target zone. Yellow LEDs indicate when you are exercising within the weight loss zone. Green LEDs indicate when you are exercising within the cardiovascular zone.

Refer to Table 1 to see the relationship between the pulsating LED and your target heart rate.

The SmartRate indicator lights do not appear when:

- You press QUICKSTART at the Precor banner.
- You bypass the AGE prompt.
- You do not wear or improperly position the chest strap. Or, you fail to grasp both touch-sensitive handrail grips for five to ten seconds.

Table 1. Heart rate target zones and SmartRate LEDs

Heart Rate Zone Percent	*LED Lit*	*LED Blinking*
Below 50	First	Red
50 to 54	Second	Red
55 to 57	Third	Yellow
58 to 60	Fourth	Yellow
61 to 63	Fifth	Yellow
64 to 66	Sixth	Yellow
67 to 69	Seventh	Yellow
70 to 71	Eight	Green
72 to 74	Ninth	Green
75 to 76	Tenth	Green
77 to 79	Eleventh	Green
80 to 81	Twelfth	Green
82 to 84	Thirteenth	Green
85 to 87	Fourteenth	Red
Above 87	Fifteenth	Red

CAUTION: Your heart rate should never exceed 85% of your maximum aerobic heart rate. If it does, immediately reduce your strides per minute, change the ramp incline, or adjust the resistance to return your heart rate to your physician-recommended target zone.

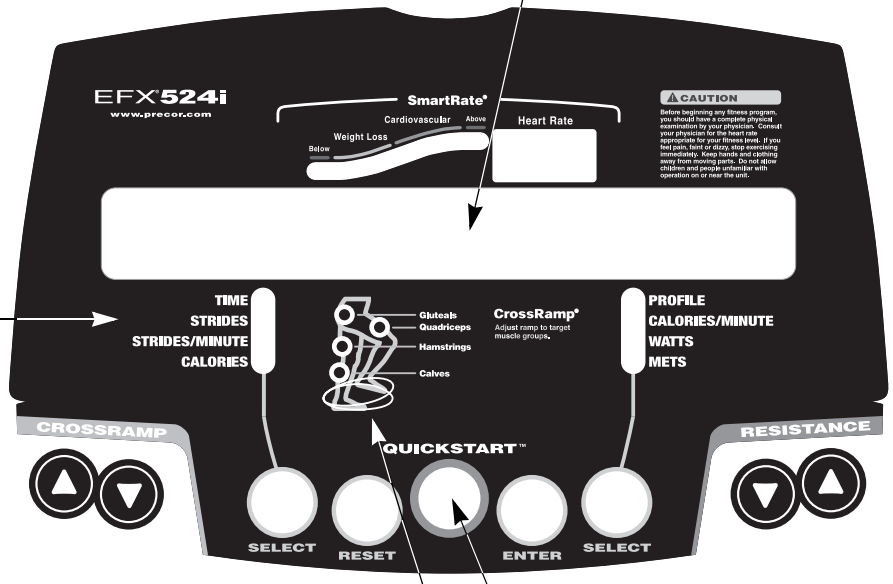
Exercise to Your Target Heart Rate

The EFX includes a heart rate receiver so you can monitor your heart rate while exercising. If you wear a chest strap or grasp both touch-sensitive handrail grips, your heart rate (beats per minute) appears on the display.

The Precor web site (www.precor.com) has several suggestions for workouts with varying levels of intensity. It provides many workout details that include the appropriate target heart rate.

Display Console

Center display: *When you begin a program, the workout time and program profile appear and remain until the scanning process is initiated. A blinking column in the profile indicates your position.*



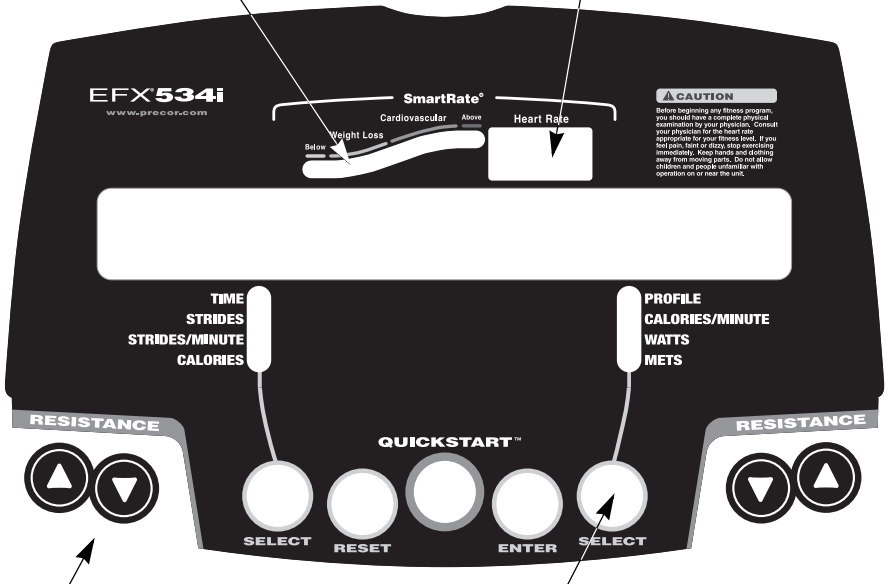
LEDs: *Light and clarify what appears on the display.*

CrossRamp display (EFX524i): *Target specific muscle groups by adjusting the ramp incline.*

QUICKSTART: *Press QUICKSTART to begin your workout immediately. It lets you bypass the setup prompts.*

SmartRate display: *LEDs light in this column when the SmartRate feature is activated. Follow the LEDs to monitor your heart rate and maintain it in your target zone.*

Heart Rate display: *If a heart rate is detected, this area displays your heart rate.*



Keypad: *Use the keypad to:*

- *Control your workout session*
- *Answer prompts prior to starting a program*
- *Determine which display features appear*
- *Prematurely end a program*
- *Adjust the resistance or ramp incline*

SELECT keys: *During your exercise session, press this key to sequentially scan the features in each column.*

More Information about the Center Display

During an exercise session, the program profile is affected by the arrow keys. The profile raises or lowers according to which arrow key (▲ or ▼) is pressed.

Note: In the EFX534i programs, the resistance setting affects the column height in the program profile.

The workout statistics, which appear on the display, are described on the following pages.

Column 1: TIME, STRIDES, STRIDES/MINUTE, and CALORIES

TIME–displays workout time in minutes and seconds; however, when you exceed 60 minutes during a single workout, the TIME display converts to hours and minutes. For programs with a workout time limit, the TIME display shows the amount of time remaining. For programs without a workout time limit, the TIME display indicates the amount of time you have been exercising.

STRIDES–shows the total number of strides completed, which is always an even number since two strides create one complete revolution of the flywheel. A stride is an exaggerated walking movement. On the EFX, if you start in a position with one foot pedal forward, a stride is completed when you move the rear foot pedal all the way forward while the other foot pedal moves to the rear.

STRIDES/MINUTE–displays your current pedaling speed (strides per minute) up to a maximum value of 510 strides per minute.

CALORIES–displays the estimated cumulative number of calories burned. The calorie calculation is derived from the pedaling speed, resistance, and your weight. An accurate weight entry results in a more accurate calorie count. When using QUICKSTART and a weight has not been specified, the default weight is 150 pounds (68 kilograms).

Column 2: PROFILE, CALORIES/MINUTE, WATTS, and METS

PROFILE–appears on the display and corresponds to the program you selected. As you continue your workout, a blinking column indicates your position in the program.

- On the EFX524i, the height of the column indicates the level of incline.
- On the EFX534i, the height of the column indicates the level of resistance.

If the profile is only one cell high, then markers (**...:...**) appear occasionally and provide a sense of movement through the program.

CALORIES/MINUTE–displays the approximate number of calories burned per minute.

WATTS–displays the current mechanical energy generated by the unit.

METS–shows the metabolic units associated with your workout.

Scanning and the Display

You can conduct scans of your workout statistics by pressing the SELECT key. Each SELECT key affects the column above it. Indicator lights appear next to the feature that is displayed. To select all eight features and activate the scanning mode, refer to *Changing the Display Features Using the SELECT Key*.

CrossRamp® Display on the EFX524i

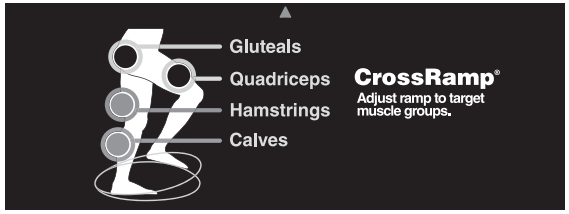


Diagram 4: Muscle groups affected by CrossRamp incline

On the EFX524i, changes in ramp incline affect different muscle groups. As you raise and lower the incline, lights appear and indicate the muscle groups that are being worked. For example, Diagram 4 shows the Gluteals and Quadriceps indicator lights on when the ramp incline is set between 10 and 12.

To target a specific muscle group, adjust the ramp incline to the levels shown in the table below.

Table 2. Muscle groups targeted by CrossRamp settings

Muscle Group	*EFX524i Ramp Incline Settings*
Gluteal	1 through 20
Quadriceps	1 through 12
Hamstrings	1 through 9
Calves	1 through 6

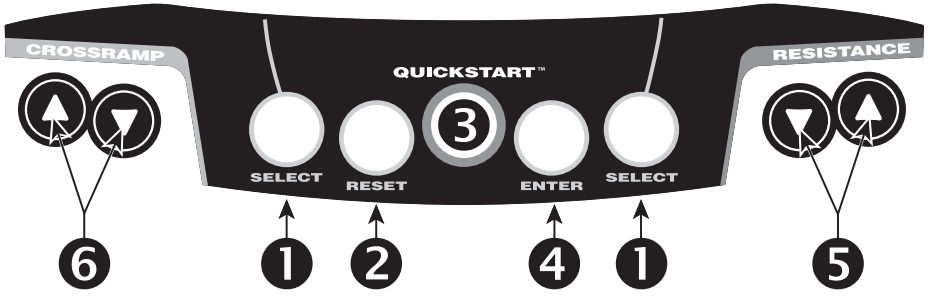
For more exercise information and the EFX524i CrossRamp feature, refer to the Precor web site (www.precor.com).

Keypad

Use the keypad to enter your workout session selections.

Note: The EFX534i has a stationary ramp. The RESISTANCE keys replace the CROSSRAMP keys shown in this diagram.

EFX524i



1 **SELECT:** The SELECT keys have two functions:

- To get specific information during a workout. Each SELECT key affects the column above it. Indicator lights appear next to the item that is displayed.
- To activate scanning mode and select the information that appears. Refer to *Changing the Display Features Using the SELECT Key*.

2 **RESET:** While exercising or during pause mode, press the RESET key to end your session and display a workout summary. Press RESET again to return to the Precor banner. No workout statistics are saved.

Important: *The optional power adapter must be connected to pause longer than 30 seconds during a workout.*

3 **QUICKSTART:** Press QUICKSTART to bypass the setup prompts and start your workout immediately using the Manual Program. Refer to *Choosing QUICKSTART*.

4 **ENTER:** Use the ENTER key to enter responses to workout-specific prompts.

5 **RESISTANCE ▼▲:** Press and hold the RESISTANCE arrow keys to increase or decrease the force applied against your stride from 1 to 20.

During your workout, to view the current resistance, tap either RESISTANCE ▼ or ▲ key. To change the resistance, press the arrow key for more than one second.

6 **CROSSRAMP ▲▼** (EFX524i): Press and hold the CROSSRAMP arrows to increase or decrease the ramp incline from 1 to 20.

Changes to the ramp incline are not immediate. It takes time for the lift to reach the target incline shown on the display.

Important: *Ramp changes occur only when the foot pedals are in motion. The number that appears on the display indicates the selected range, not the degree of incline. There is not a one-to-one relationship between the degree of incline and the CrossRamp setting.*

Table 3 shows the degree of incline for each CrossRamp setting.

Table 3. Incline movement

Unit	*Incline Setting*	*Degree of Incline*
EFX524i	1 through 20	13° through 40°
EFX534i	Stationary	Fixed at 20°

The incline setting affects the column height in the program profile as shown in Diagram 5.

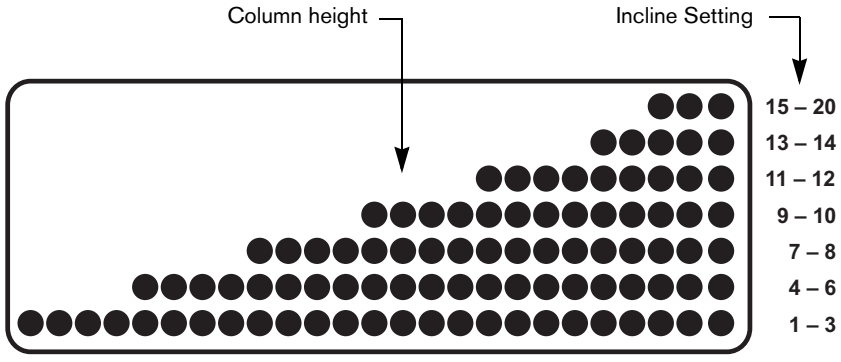


Diagram 5: Column height affected by changes in incline

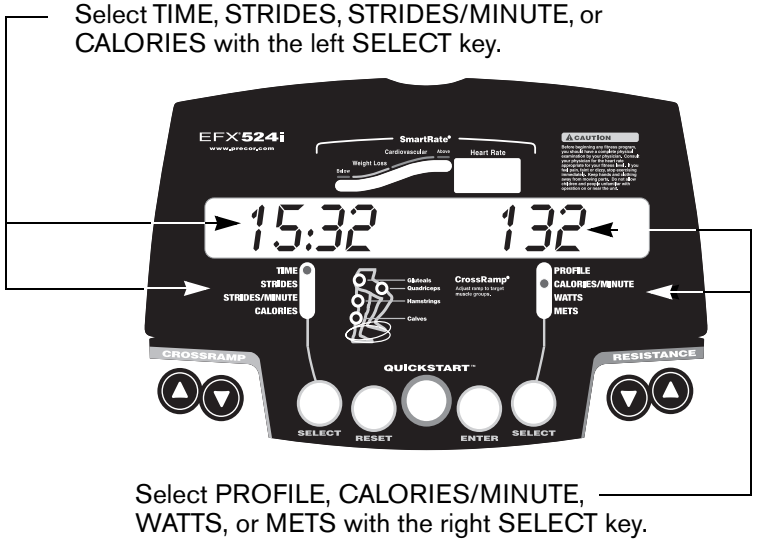
During the setup phase, pressing the CROSSRAMP arrow keys will not affect the ramp incline. However, the arrow keys do affect what appears on the display. Refer to *Selecting a Program*.

Changing the Display Features Using the SELECT Key

Use the SELECT key to choose which feature appears on the display. When you enter a program, TIME and PROFILE are preselected and will appear in the center display.

You can display different information while you exercise by pressing the appropriate SELECT key. When the light next to the feature turns on, the information appears in the center display.

The EFX can scan between a number of the features so you do not need to press a key once scanning is set up. If the indicator light is off, the item will not appear in the display. If the indicator light is on, the EFX includes it in the scan.



To add an item to the scanning process:

- Lightly tap the SELECT key until the appropriate indicator lights up. You must then press and hold the SELECT key for at least two seconds. The indicator light blinks until you release the key. During the next scan, the LED lights and the associated information appears.

To turn off an indicator light and remove the item from the scanning process:

- When the indicator light next to the item is lit, press and hold the SELECT key for at least two seconds. The indicator light blinks until you release the key. The next time the EFX performs a scan, the indicator remains blank and the associated information does not appear.

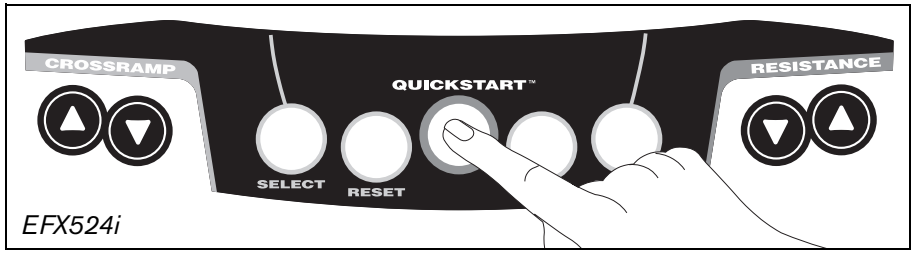
Workout Options

CAUTION: Before beginning any fitness program, see your physician for a complete physical examination. Know your physician-recommended heart rate target zone.

1. Hold on to a stationary handrail and step on the foot pedals.
2. When you are comfortably situated, begin pedaling.
3. Select one of the following options:

Option...	***Steps...***
To start exercising immediately	• Use the QUICKSTART key. • Refer to *Choosing QUICKSTART*.
To select a program and workout time, and specify your weight and age	• Use the ENTER key. • Refer to *Selecting a Program*.

Choosing QUICKSTART



EFX524i

1. Press QUICKSTART at the Precor banner to bypass the setup prompts and access the Manual Program.

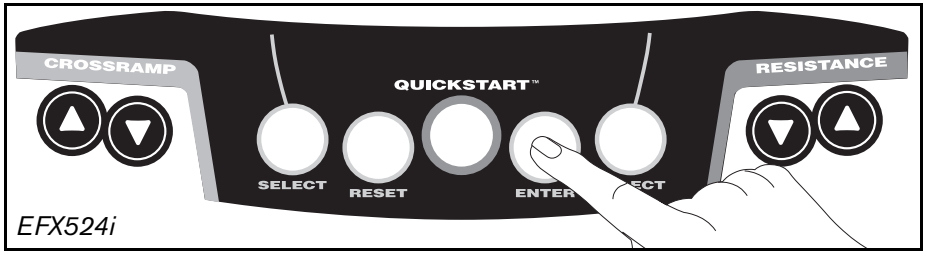
   QUICKSTART applies the following defaults:

Prompts	***Default Value***
Program	Manual
Time	Facility setting or 30 minutes
Weight	150 lb (68 kg)
Age	0

   To use the SmartRate feature, you need to specify your age. In this case, press ENTER and follow the setup prompts to enter your age. Press QUICKSTART after your age is displayed.

2. Use the CROSSRAMP ▲▼ or RESISTANCE ▼▲ keys to change the ramp incline or resistance.
3. Maintain a consistent stride rate while exercising. Find a comfortable stride rate between 100 and 160 strides per minute.

Selecting a Program



EFX524i

1. At the Precor banner, press ENTER, and then press the arrow keys to cycle through the available programs.

   A portion of the program profile appears in the center display. The program number and name appear in the lower display.

2. Select the program you want, and then press ENTER.

   Note: You can also use the number keys to select a program, choose the program time, and enter your weight and age.

3. A workout time blinks in the center display. The display indicates the facility limit or the default time of 30 minutes. Press the arrow keys to select a workout time (between 1 and 240 minutes) and then press ENTER.

   Note: If the facility allows it, you can choose an unlimited workout time by selecting INFINITE and then pressing ENTER. If you choose INFINITE, remember to incorporate a cool-down period at the end of your workout.

4. Enter your weight (1–999) and then your age (1–99).

5. To change a value (program, workout time, weight, or age) that you have already entered, press RESET and reenter the information.

   Note: You can press QUICKSTART after any of the prompts (program name, workout time, weight, or age entry). QUICKSTART applies the facility preferences and uses default settings for any prompts you skipped.

6. Use the CROSSRAMP ▲▼ or RESISTANCE ▼▲ keys to change the ramp incline or resistance.

7. Maintain a consistent stride rate while exercising. Find a comfortable stride rate between 100 and 160 strides per minute.

Cooling Down After a Workout

Incorporate a cool-down period into your workout to help lower your heart rate and minimize muscle stiffness or soreness.

When you complete a program with a time limit, you automatically enter a cool-down period. The Manual Program profile appears in the display and resistance reduces by 20%. To change the ramp incline or resistance, press the arrow keys.

A workout summary appears at the end of the cool-down period. See *Ending a Workout*.

Important: *If you specify an unlimited workout time, remember to incorporate a cool-down period at the end of your workout. If you exit a program before completing it, the cool-down period is bypassed.*

To prematurely end the cool-down period, do the following:

1. Grasp a stationary handrail with one hand.
2. Continue pedaling and press RESET with your other hand to view the workout summary.
3. Press RESET again to return to the Precor banner.

Pausing During a Workout or the Cool-Down Period

If you stop pedaling anytime during a workout or during a cool-down period, the EFX begins a 30-second shutdown. You cannot pause for more than 30 seconds unless the facility has the optional power adapter attached to the unit.

When the optional power adapter is attached, you can pause for a set time, usually two minutes. If you do not resume pedaling during that time, the display returns to the banner.

1. To pause, stop pedaling.
2. To resume exercising from pause mode, begin pedaling.

Ending a Workout

CAUTION: Hold on to a stationary handrail when you near the end of a workout.

1. Slow your pedaling when you complete the cool-down period.
2. To view your workout summary, continue pedaling above 40 strides per minute.

   The workout summary appears and shows your cumulative workout statistics including warm-up and cool-down periods. Other information including strides per minute, calories per minute, and watts reset to zero. You can review your workout statistics as long as you continue pedaling.
3. End your workout by pressing the RESET key and return to the Precor banner.

   Note: If the optional power adapter is attached, you do not have to continue pedaling to view your workout statistics. When you complete the cool-down period, the workout summary appears. Press RESET again to return to the Precor banner.
4. Stop pedaling. Hold onto a stationary handrail and step off the EFX.

Programs

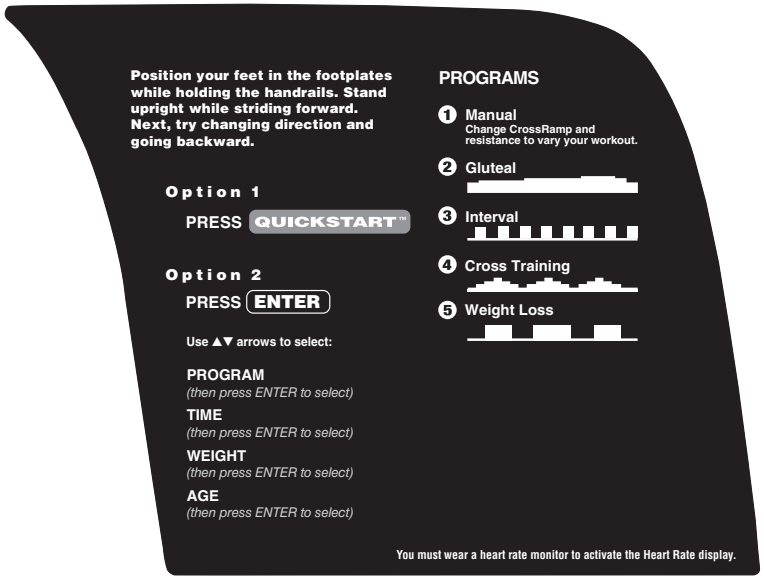

Position your feet in the footplates while holding the handrails. Stand upright while striding forward. Next, try changing direction and going backward.
Option 1
PRESS QUICKSTART™
Option 2
PRESS ENTER
Use ▲▼ arrows to select:
PROGRAM
(then press ENTER to select)
TIME
(then press ENTER to select)
WEIGHT
(then press ENTER to select)
AGE
(then press ENTER to select)
PROGRAMS
1 Manual
Change CrossRamp and resistance to vary your workout.
2 Gluteal
3 Interval
4 Cross Training
5 Weight Loss
You must wear a heart rate monitor to activate the Heart Rate display.

Diagram 6: EFX524i program label

This section describes the programs printed on the EFX524i and EFX534i display labels.

This section describes the programs printed on the display label. The programs on the EFX524i and EFX534i are identical except for the Gluteal and Hill Climb programs, which provide a preprogrammed ramp incline (Gluteal, EFX524i) and preprogrammed resistance (Hill Climb, EFX534i).

Choosing a Program

Choosing a program depends on your goals. If you are a beginner or returning to regular exercise, you can start a cardio-conditioning program to slowly return your body to a comfortable level of exercise. If you have been exercising and feel that you have an intermediate or advanced fitness level, you probably have established goals. The Precor web site (www.precor.com) can give you many ideas about fitness workouts and advice from the experts.

Several workout choices on the EFX are preprogrammed with recommendations for ramp incline or resistance levels, backward or forward motion, and alternating rest or work intervals. If your level of exertion becomes too great, reduce your stride rate or use the arrow keys to override each upcoming column in the program profile. If you use the arrow keys, the profile changes accordingly.

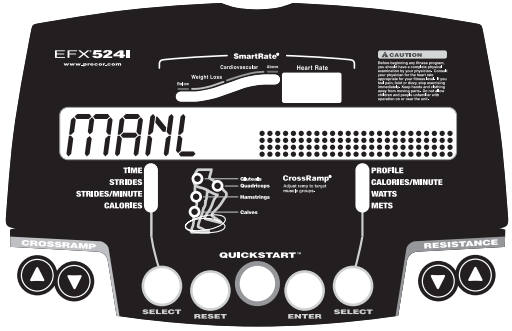
When you complete a program that contains a time goal, an automatic cool-down period begins.

Program Tips

- Begin by pedaling. When the Precor banner appears, choose a program by pressing QUICKSTART or ENTER.
- While exercising, you need to pedal above 40 strides per minute. Dropping below 40 strides per minute causes the EFX to shut down to conserve battery power. The EFX displays a 30-second countdown before it shuts off. If you move the foot pedals during the countdown period, you can resume exercising where you left off.
- Maintain your stride rate between 100 and 160 strides per minute.
- A blinking column indicates your position as you progress through a program.
- To exercise indefinitely in any program (except Weight Loss), an unlimited exercise time setting may be an available option. Refer to *Selecting a Program*.
- To use the SmartRate feature, you need to specify your age and wear a chest strap or hold on to the touch-sensitive handrail grips. For more information, refer to *Using SmartRate*.
- To pause during a program, press PAUSE/RESET. Refer to *Pausing During a Workout or the Cool-Down Period*.
- Cumulative workout statistics appear when you end your exercise session. Refer to *Ending a Workout*.

Note: The EFX534i has a stationary ramp. All references to ramp incline apply to the EFX524i.

Manual (MANL) Program

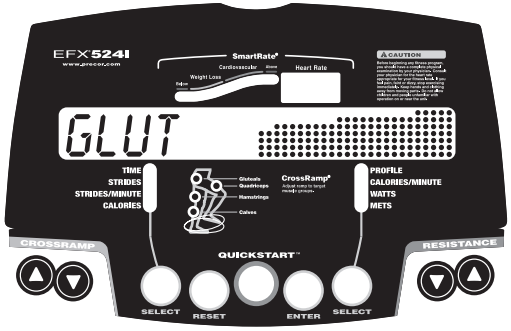


You control the ramp incline and resistance settings when you use the Manual Program. The profile begins as a flat line. Use the arrow keys to adjust the ramp incline or resistance levels. The program profile reflects changes to the ramp incline on the EFX524i and changes to the resistance on the EFX534i. The blinking column indicates your position in the program.

If you press QUICKSTART at the banner and access the Manual Program, the workout time is set at the facility limit or 30 minutes (whichever time is less).

Note: In the Manual Program, the EFX524i ramp incline defaults to level 9.

Gluteal (GLUT) Program

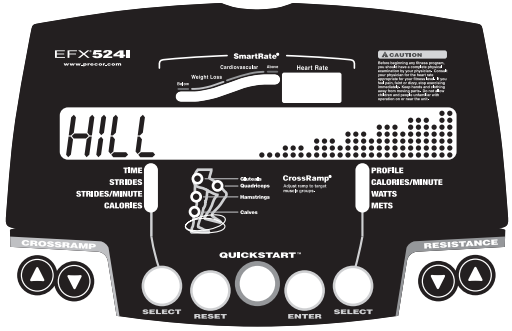


The ramp incline on the EFX524i Gluteal Program is preprogrammed and the workout time is preset to 30 minutes or the facility limit (whichever time is less).

Review the program label on the display console to determine the ascent and descent levels of the program. Anytime during a workout, you can override the incline settings by pressing the CROSSRAMP arrow keys. The remaining profile columns change accordingly.

You can adjust the resistance by pressing the RESISTANCE arrow keys.

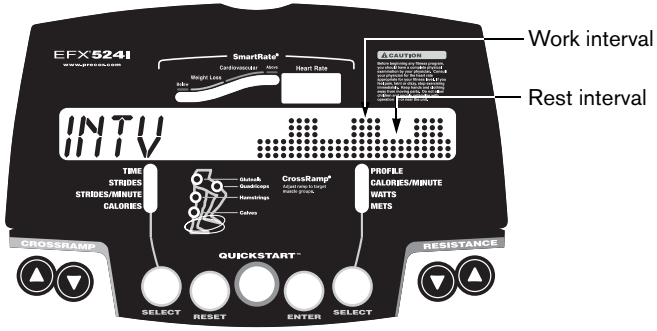
Hill Climb (HILL) Program



The resistance in the EFX534i Hill Climb Program is preprogrammed and the workout time is preset to 30 minutes or the facility limit (whichever time is less).

To override the resistance settings for each column, press the RESISTANCE arrow keys. The changes raise or lower the columns on the remaining portion of the program profile.

Interval (INTV) Program



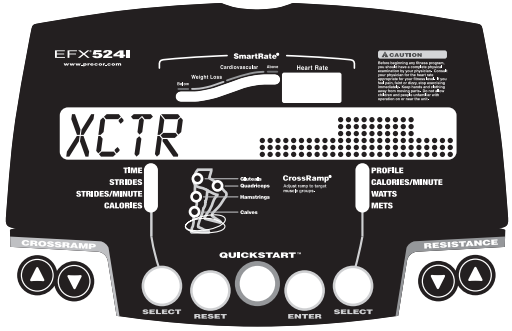
The Interval Program is among the best for conditioning your cardiovascular system. The program raises and lowers your level of exertion repeatedly for a specified period of time.

When you select the Interval Program, you are prompted to select a workout time and set the duration of the rest and work intervals. To select the displayed number, press ENTER or change the number using the arrow keys. If the workout time you select is an even number, then all intervals have a 2-minute duration. If the workout time is an odd number, then the last interval is only one minute.

When you begin the program, you are prompted to set the ramp incline and resistance for the rest and work intervals. The settings are repeated throughout the program unless you change them.

To change the settings, press the CROSSRAMP or RESISTANCE arrow keys and continue. The changes are applied to the remaining intervals. The display lets you know when the ramp incline or resistance levels are about to change, and indicates the levels of the next interval.

Crosstraining (XCTR) Program

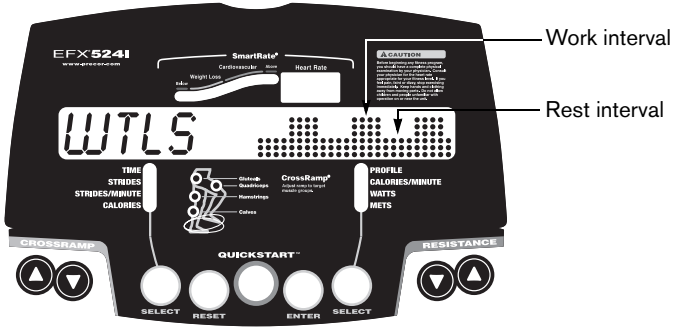


The Crosstraining Program has preprogrammed ramp incline (EFX524i) or resistance (EFX534i) levels. This program consists of alternating forward and backward pedaling movements that focus on working the thigh and calf muscle groups. Display prompts indicate when you should change pedal direction. The time interval between the directional changes depends on the workout time, which is divided equally into five sections.

You can change the ramp incline or resistance during the forward and backward intervals. The program remembers your settings and repeats them for subsequent forward and backward intervals until you change them.

When you change the ramp incline on the EFX524i, the program profile changes accordingly by raising or lowering the height of the columns. On the EFX534i, the height of the column is affected by the resistance since the ramp is stationary.

Weight Loss (WTLS) Program



With the Weight Loss Program, the workout time is fixed at 28 minutes and consists of seven 4-minute intervals. You are not prompted for a workout time. Use the arrow keys to change the ramp incline or resistance for the rest or work interval. When you make changes, the program repeats the settings for the remaining intervals.

The display lets you know when the ramp or resistance levels are about to change.

For the ideal weight loss range, your heart rate should be between 55% and 70% of your maximum aerobic heart rate. If you wear the chest strap or grasp both touch-sensitive grips, you can use SmartRate as a visual cue.

- Set a comfortable stride rate and then adjust the ramp incline or resistance.
- Maintain a level of exertion so that the first yellow LED blinks in the SmartRate display during rest intervals.
- During the work intervals, increase your level of exertion so that the first green LED blinks.

For more information about the SmartRate display, refer to *Using SmartRate*.

Notes:

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EFX524i/EFX534i URM 49519-101, en
15 October 2006

Assembly Guide

PRECOR® USA
move beyond®

EFX® 524i
Elliptical Fitness Crosstrainer™

Thank you for choosing Precor. For proper installation, please read this guide thoroughly and follow the assembly instructions. If you do not assemble the EFX according to these guidelines, you could void the Precor Limited Warranty.

Obtaining Service

You should not attempt to service the EFX except for maintenance tasks as described in the *Product Owner's Manual*. If any items are missing, contact your dealer. Should you need more information regarding customer support numbers or a list of Precor authorized service centers, visit the Precor web site at www.precor.com/corp/contact.

Unpacking the Equipment

The EFX is shipped in one box. Ask for help from two or more people to unpack and assemble the unit.

Required Tools

- Wire tie cutter
- Phillips-head screwdriver
- Two 9/16-inch combination wrenches (box-end and crescent)
- SAE Standard socket set with socket extension

Cardio Theater PVS Assembly Instructions

If the Cardio Theater Personal Viewing System (PVS) accompanies this Precor unit, review the PVS assembly instructions found in the Cardio Theater box. Alleviate additional assembly or disassembly steps by combining the two assemblies as needed.

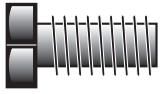
Installation Requirements

Follow these installation requirements when assembling the unit:

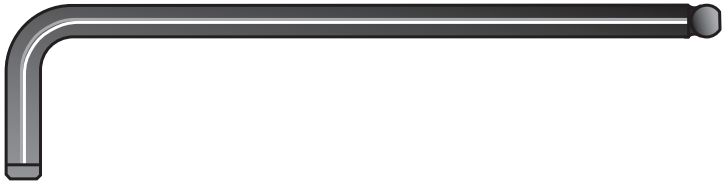
- **Assemble the unit near the location where you plan to use it.**
- **Provide ample space around the unit.**
  Open space around the unit allows for easier access.
- **Set up the unit on a solid, flat surface.**
  A smooth, flat surface under the unit helps keep it level. A level unit has fewer malfunctions.
- **Open the box and assemble the components in the sequence presented in this guide.**
- **Insert all fasteners with your fingers.**
  Use your fingers to properly align and thread the fasteners. This helps alleviate cross-threading. Do not fully wrench tighten fasteners until instructed to do so.

  Important: *When wrench tightening, the head of the fastener should be flush with the product. If it is not, cross-threading has occurred. Do not attempt to rework the assembly as more damage to the equipment will occur. Contact Customer Support. Refer to* Obtaining Service.
- **If you plan to move the unit, obtain help and use a hand truck.**
  Do not grasp any plastic parts while lifting or moving the unit. The plastic parts are not capable of supporting the weight of the unit and they may break.

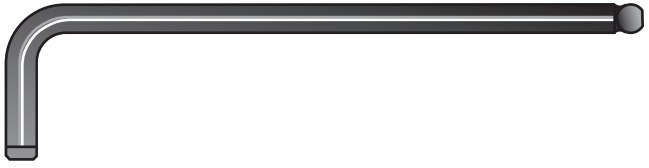
Hardware Kit (not to scale)

Fasteners		Quantity
	(A) Phillips-head screw (½-inch)	4
	(B) Buttonhead screw (¾-inch)	4
	(C) Hex head screw (1-inch)	22
	(D) Washer (⅜-inch)	22

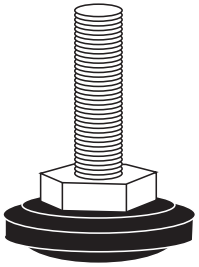
1 – 3⁄16-inch hex key



1 – 5⁄32-inch hex key

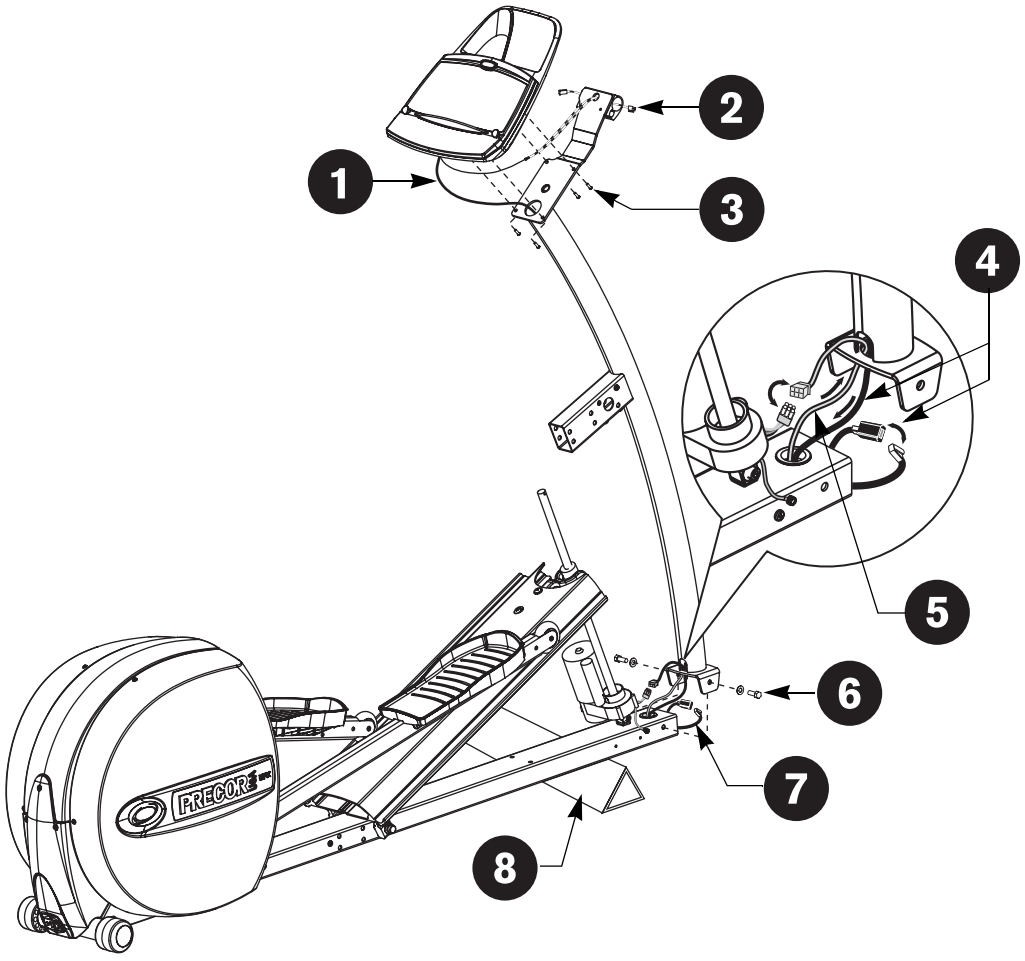


1 – Height adjuster with hex nut



1 – End cap

Assembly Steps



1. Feed the display cable through the upright support.

   Important: *Do not stretch, crimp, or damage the cable. Cables damaged by improper installation will not be covered by the Precor Limited Warranty.*

2. Feed the heart rate cable through the hole in the handrail bracket and out through the clamp. Make sure a female connector exits through the left opening and a male connector exits through the right opening.

3. Attach the display console to the upright support using four Phillips-head screws (A).

4. Thread the display cable through the grommet and out the front of the base tube. Plug the cable connector into its receptacle.

   Important: *If the plastic grommet pops out of the base, replace it immediately. The grommet covers the metal edges so the cables are not cut or damaged.*

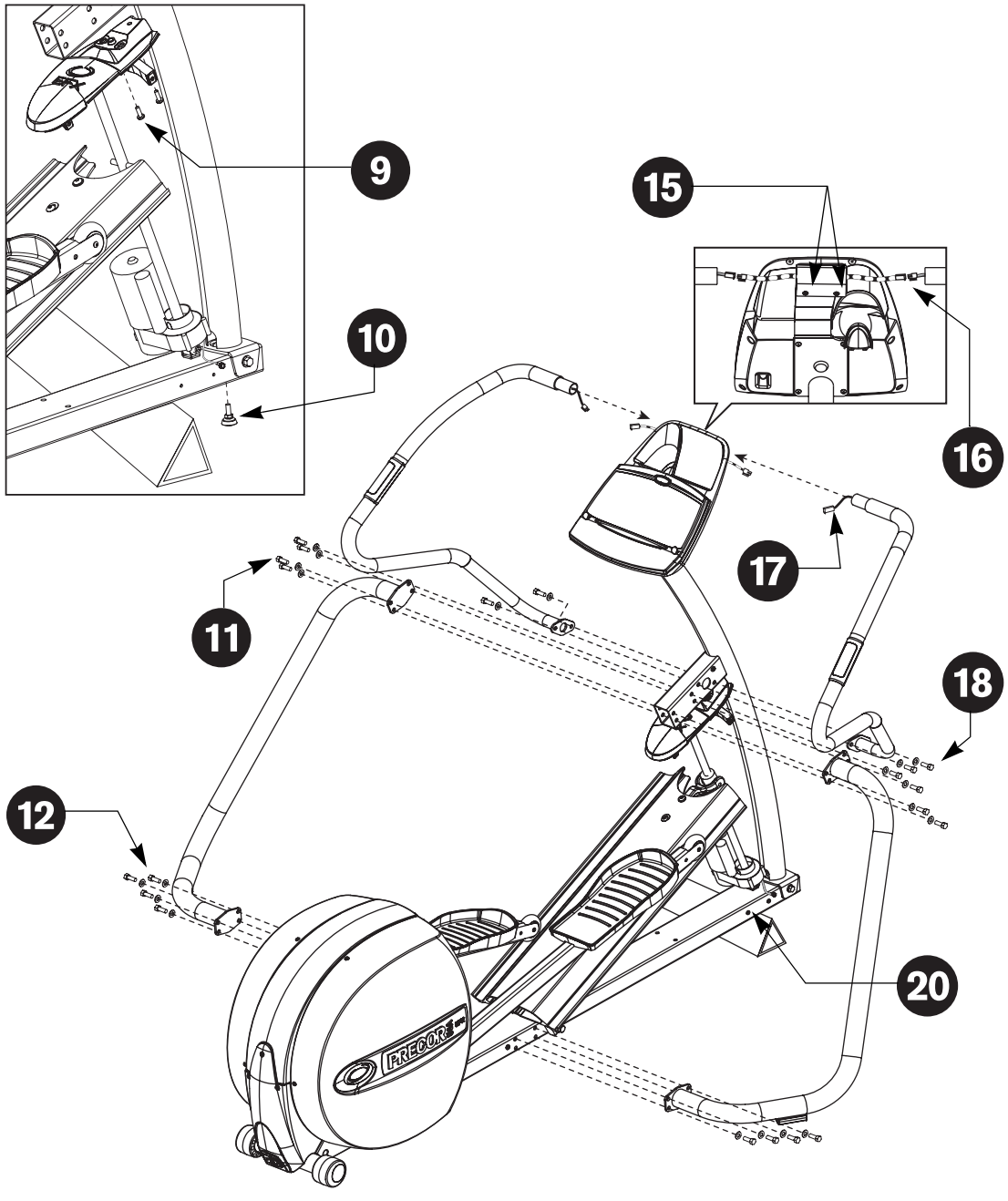
5. Disconnect the lift motor connector from its receptacle. Thread the receptacle through the cutout in the upright support. Reconnect the cables and rest the upright support on the base.

6. Align the mounting holes and secure the upright support to the base using two hex head screws (C) and two washers (D). Finger tighten.

7. Push excess cable into the base tube.

   CAUTION: Be aware of a sharp screw inside the base tube. Abrasive cuts or other injuries can occur if you place your hands, fingers, bare feet, or toes inside the base tube.

8. Lift the EFX. Slide a wedge of packing material under the front of the unit.



9. Remove two Phillips-head screws from the underneath of the upright support bracket. Align the lift cover and reinstall the screws. Wrench tighten.

   CAUTION: Do not over-tighten the screws or you may cause stress cracks in the plastic.

10. Thread the hex nut and height adjuster into the base. Wrench tighten the nut.

11. Attach the upper portion of both stabilizers to the upright support bracket using eight hex head screws (C) and eight washers (D). Finger tighten.

12. Attach the lower portion of both stabilizers to the base frame using eight hex head screws (C) and eight washers (D). Wrench tighten.

13. Return to the upright support bracket. Wrench tighten the eight screws that secure the stabilizers to the bracket.

14. Wrench tighten the two screws holding the upright support onto the base. Refer to Step 6.

15. Use the 3⁄16-inch hex key to loosen the two fasteners in the handrail clamp.

    Important: *Ask your assistant to hold the handrail close to the unit while you perform steps 16 and 17.*

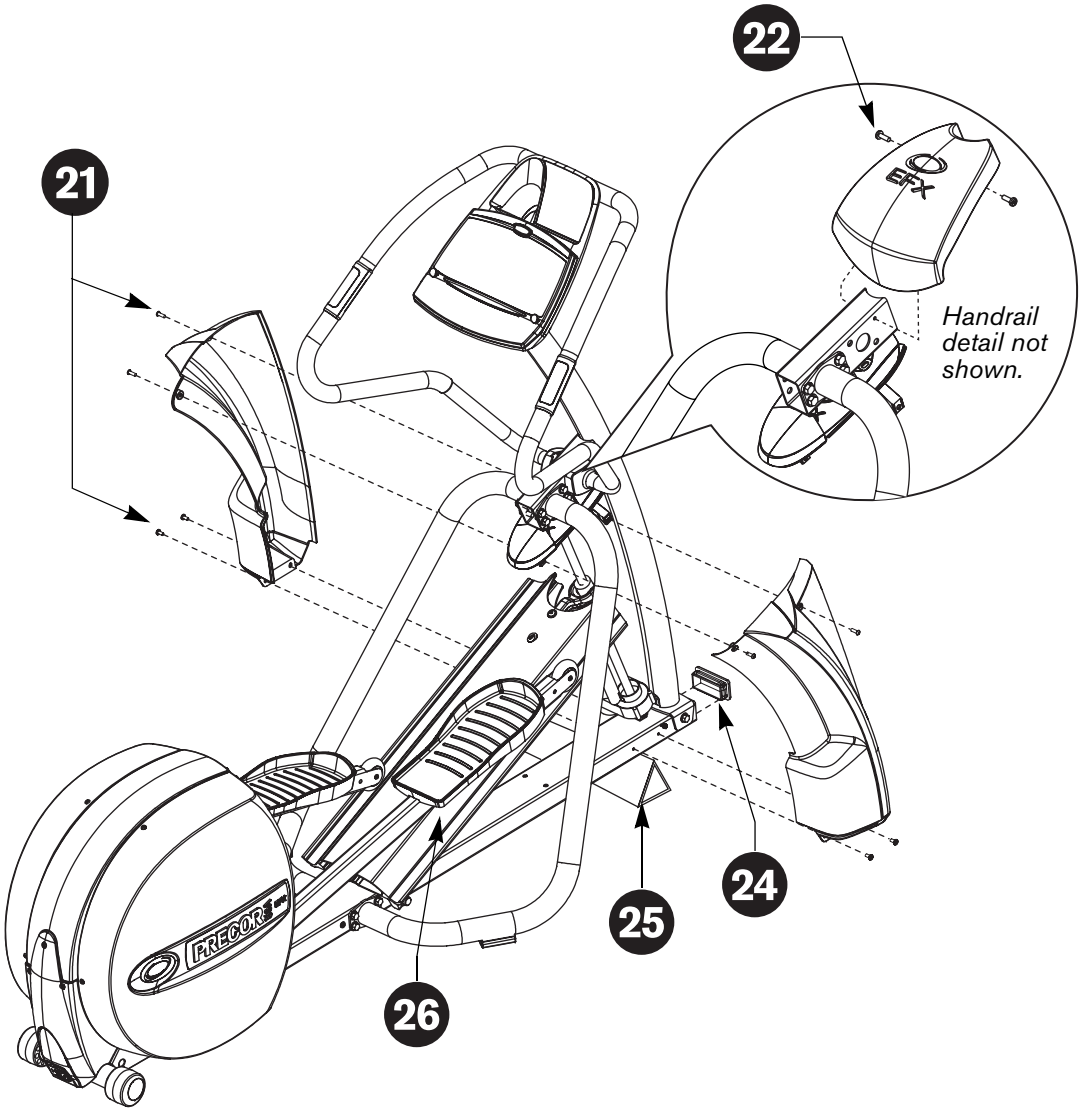
16. Connect the heart rate display cables to the handrail cables. Place excess cable inside the handrails.

17. Insert the handrails into the upper clamp. The foam on each handrail should be touching the handrail clamp.

18. Attach the handrail base to its bracket using four hex head screws (C) and four washers (D).

19. Wrench tighten all six handrail fasteners.

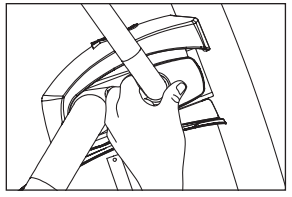
20. To prepare for the installation of the side covers, remove four Phillips-head screws from the base near the lift motor.



21 Rotate the side covers and slide them into place inside the ramp cutout. Attach the side covers using four buttonhead screws (B) and reinstall the four Phillips-head screws removed in step 20. Tighten the fasteners using the 5/32-inch hex key and a Phillips-head screwdriver.

22 Remove two Phillips-head screws from the upright support bracket. Align the bracket cover with the mounting holes and reinstall the screws. Wrench tighten.

23 Slide the handrail boot over the handrail mounts. Position the longer portion of the boot closest to the upright support.



24 Push the cables behind the height adjuster threads. Make sure that the cable connections are intact. Press the end cap into the base tube.

25 Remove the packing material.

26 Clean the ramp with a soft cloth dampened in a diluted solution of mild soap and water.

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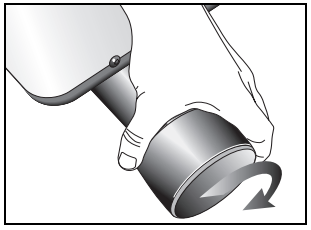
Level the EFX by placing it on a solid, flat surface.

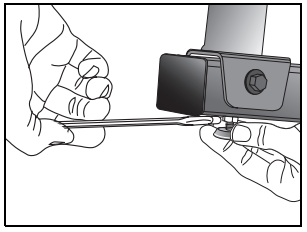
Before exercising, make sure the EFX does not wobble from side to side or front to back. Ask your assistant for help to make adjustments.

Important: *If the unit is placed on a slightly uneven surface, rotating the rear pads can help, but will not compensate for extremely uneven surfaces.*

1. To remove any side-to-side movement, rotate the rear pads.



2. To counteract any front-to-back rocking motion, ask your assistant to grasp the upper handrails and raise the front of the unit off the floor. Use a crescent or combination wrench to loosen the nut on the height adjuster.
3. Turn the height adjuster to eliminate the rocking motion.



   Once you have the proper height adjustment, use the wrench to turn the nut and tighten it securely against the base tube.

   Important: *If, after performing the steps above, the unit still rocks slightly from front to back, you may need to remove the nut on the height adjuster.*
4. Have your assistant carefully lower the unit to the floor.

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Verify that the heart rate display is operational.

1. Hold on to a stationary handrail and step on the foot pedals.
2. Begin pedaling. A pedaling speed above 40 strides per minute must be maintained for several seconds.
3. Grasp both touch-sensitive handrail grips on the stationary handrails.
4. Look at the Heart Rate display. After a few seconds, a number appears indicating your heart rate.

Note: If the display remains blank, refer to the *Product Owner's Manual* for troubleshooting tips.

Notes:

Notes:

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EFX524i AG 49510-101
15 October 2006